

Ballet ~ Dress Code Guidelines for 2017 - 2018

Why is Dress Code Important?

Appropriate uniform minimizes distractions in class, and allows the instructor to see the students' bodies clearly to make appropriate corrections to their technique. If the instructor has difficulty seeing what is going on with a student's body, they are unable to help the student to dance safely and to their fullest potential.

Ballet is an art form with a rich history and tradition, and while it is great fun and very rewarding to participate in, it also demands our respect. Part of what we are trying to instill in our ballet students is a sense of discipline and an understanding of the etiquette that comes along with proper ballet training. Please be respectful for the art form and its traditions by coming to class properly groomed. **Students who are not following the dress code may be asked to sit out of class. Prior to this happening, the teacher will speak with the parent about the student's attire.**

R.A.D. Pre Primary and Primary:

- Academy pink cap-sleeved bodysuit (Mondor Style #11635)
- Academy pink wrap skirt (Mondor Style #16100)
- Academy pink short ankle socks (Mondor Style #167)
- Pink full sole leather ballet slippers only (Dansoft - "Bloch" S0205)

R.A.D. Grades 1-5 (Twice/Week Classes):

- Navy blue tank bodysuit (Mondor Style #11633)
- Navy blue waist elastic
- Ballerina pink full-footed ballet tights (style #310)
- Pink full sole leather ballet slippers (Dansoft - "Bloch" S0205)
- Black canvas character shoes (grades 1-2 low heel, grades 3-5 have the option of a higher heel)
- **Black character skirt - All dancers will be required to purchase a character skirt through Dance Theme; order forms will be available in the fall.**

Once/Week Ballet Classes

- Same dress code as for R.A.D. Grades 1-5 twice/week classes listed above.
- **Character skirts and character shoes are NOT required for once/week classes.**

R.A.D. Grades 6 - 8

- Burgundy tank bodysuit (Mondor Style #3505)
- Ballerina pink full footed ballet tights, convertible style (style #310, #314)
- Split sole canvas slippers ("Sansha")
- Black canvas character shoes (higher heel)
- **Black character skirt - All dancers will be required to purchase a character skirt through Dance Theme; order forms will be available in the fall.**
- **Burgundy Chiffon Skirt- Students taking an exam will be required to rent through Dance Theme at a later date.**

R.A.D. Vocational Levels (Intermediate Foundation - Advanced)

- Black tank bodysuit (Mondor Style #3505)
- Ballerina pink full footed ballet tights, convertible style (style #310, #314)
- Intermediate Foundation - Pink full sole leather ballet slippers (ribbons attached for exam)

- Intermediate & Advanced– Pink soft blocks (please discuss with your teacher for guidelines on how to make soft blocks out of an old pair of pointe shoes).
- Pink pointe shoes (must be approved by teacher before purchasing)

Ballet Choreography (Grades 4 and up)

- Any color and style bodysuit
- Pink full-footed ballet tights
- Pink split sole canvas ballet shoes (Sansha) will be required for performances and competitions.

Boys (Pre-Primary to Grade 2)

- Black shorts (can be a looser fit for Pre-Primary and Primary, but must be tighter fitting for Grades 1-2)
- Tight fitting white t-shirt (must be tucked in for Grades 1-2, in order to allow your teacher to see your posture). Body Wrappers Style #M400
- White socks
- White full sole leather ballet slippers
- Grades 1-2 only: Black lace up boy's character shoes (Angelo Luzio #181)

Boys (Grades 3 - 5)

- Navy blue RAD leggings/tights (Mondor RAD)
- Sleeveless white bodysuit, tucked into leggings (Mondor RAD)
- White socks (worn over top of leggings/tights)
- White split sole canvas ballet slippers
- Black lace up boy's character shoes (Angelo Luzio #181)

Boys (Grades 6 - 8 & Vocational Levels)

- Black RAD leggings/tights (Mondor RAD)
- Sleeveless white bodysuit, tucked into leggings (Mondor RAD)
- White socks (worn over top of leggings/tights)
- White split sole canvas ballet slippers
- Black lace up boy's character shoes (Angelo Luzio #181)

All Classes

Hair for girls is to be in a neat bun, secured with a hair net and pins and hairspray/gel if necessary. If you are unsure of how to make a bun, please ask your teacher and she will be happy to show you. Please note: A ponytail looped around itself does not count as a proper ballet bun. Please make sure hair is secured with as many pins as necessary to ensure it does not fall out during class.

Parents are welcome to attend the first 10 minutes of the first class where the teacher will demonstrate how to make a ballet bun.

No jewelry except for small stud earrings is allowed in class. This is a safety issue. Warm-up sweaters, legwarmers, etc., may NOT be worn in class.

Underwear should not be worn under ballet uniforms. Underwear that shows in class is distracting and inappropriate for ballet class, as well as being a hygiene issue. It cannot be worn on stage or in an exam so it should not be worn in class either. Bras for older students may be worn if needed but straps must be completely hidden under the bodysuit.

All of the required dancewear & shoes may be purchased at:

**Adajio Dance & Skate Apparel
15379 Castledowns Road (Lakeside Landing Mall)
780 457 - 0006**